

Walk for Health!

Walking is one of the easiest and least expensive ways to be physically active.

Join the **Chronic Disease Prevention Walking Program** and keep track of your tracks. Register today and you will receive a **FREE pedometer** and walking card to help you on your journey over the next 10 weeks.

Participant Requirements:

1. Sign and submit your Participant Waiver Form at the weigh in for the Capitol Mall Fitness Challenge 2010.
2. Provide the Health Education Specialist your body weight and blood pressure measurements within 5 days of the start and finish dates and at the mid-point, March 1st. Your personal information/measures are confidential and will not be given to any third parties. An email reminder will be sent to you. Those that send their mid-point information (within 5 days of March 1st) will also receive an aluminum Heart Disease and Stroke Prevention water bottle to help you stay hydrated and motivated to complete the final 5 weeks of the Walking Program.
3. It is highly recommended you consult with a physician or health care provider before starting any fitness program. The Heart Disease and Stroke Program, Diabetes Prevention and Control Program, Physical Activity and Nutrition Program, and the company holding this challenge cannot be held liable for any harm, injury, or unknown pre-existing conditions that present during the 10 week Chronic Disease Prevention Walking Program.

Printed Name _____

Signature _____

Agency _____

Email _____

Date _____

